

NUTRITION

Healthy Eating Tips

Here are some tips for healthy eating at home, work and elsewhere to help you get started. Try some of these ideas.

Start your day off right!

- Eat breakfast!
- Drink 100% fruit juice (canned, from a carton, or freshly squeezed) with breakfast, or take a can to drink at work.
- Spruce up your breakfast—a banana or handful of berries will liven up your cereal, yogurt, waffles, or pancakes.
- Take a piece of fruit to munch on during your commute.

Increasing your fruit and vegetable intake

It is very important to eat at least five to nine servings of fruits and vegetables daily. The more colorful the variety of fruits and vegetables the better! Because colorful fruits and vegetables provide the wide range of vitamins, minerals and phytochemicals your body needs to maintain good health and energy levels.

However, the best way to increase your chances of eating fruits and vegetables is to buy them. You can't increase your consumption of fruits and vegetables if you do not purchase them. If you have them around, you are more likely to eat them.

Other helpful tips:

- Practice eating reasonable portion sizes during snack-time and mealtime.
- Monitor your consumption of saturated fats.
- Substitute low-fat or fat-free baked goods, cookies, and ice cream.
- Choose fruit. It tastes great, is filling and provides energy.
- Grill meat instead of frying.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina Budget and Control Board
Employee Insurance Program
August 2003

